

Winning the war on the electronic battlefield



U.S. Navy

The EA-6B Prowler was designed to complement the Navy's defenses in today's electronic warfare environment. Electronic countermeasures required improvement to compete with the ever-increasing complexity of hostile radar-guided guns, missiles and aircraft. The Prowler was the first aircraft built from the drawing boards to fulfill the role of an electronic warfare aircraft.

By Lt. Will Leque

VX-30 PAO

When you think of the Battle of Britain in World War II, you think of brave RAF Hurricane and Spitfire pilots thwarting the Luftwaffe's efforts to seize control of the skies over Britain as a prelude to invasion. Yet, the individual bravery and skill of these pilots and the fighting qualities of their aircraft would have been in vain if they had not been part of a complex air defense system based on radar.

Sixty years later, radar technology has become the focal point of national air defenses around the world making the electronic battlefield one of the most important in modern air warfare. To counter this threat, the U.S. developed the EA-6B Prowler to fulfill the electronic warfare role of defeating these electronic nets. Now, in its fourth decade of service, the Prowler continues to support the U.S. military in operations throughout the world with its sophisticated electronic countermeasure (ECM) system.

The Prowler's radar and communications jamming capabilities continue to lead the way in neutralizing enemy air-defenses. The heart

of this capability is a fully integrated Improved Capability (ICAP) electronic warfare system. ICAP, first introduced in 1976, is now entering its third major overhaul, titled ICAP III. The efforts behind the ongoing development of the ICAP III is headed by the 144 person EA-6B Integrated Product Team (IPT) located at the NAVAIR Weapons Division, Point Mugu.

The EA-6B's ICAP III is a quantum leap forward from its predecessor, ICAP II, and will be hitting the fleet in the near future with initial operation capability (IOC) scheduled for 2005. The new system represents a complete overhaul of the old and provides a multitude of improvements in both the hardware and software. The most significant of these changes is the switch from Super heterodyne receivers to a channelized receiver system. The flexibility, agility, and shear processing power increases of the new receivers represent a tremendous breakthrough in capabilities. Restated, tuning the old system was analogous to reading a book one page at a time, but with the new receivers, the warfighter now has the capability to read the entire book instantaneously with its ability to scan/analyze entire blocks of frequencies.

Other major upgrades for the ICAP III

system include new Litton color liquid crystal displays and the Multi-functional Information Distribution System (MIDS), which provides a valuable data link capability. The increases in flexibility and recognition differential of the new displays coupled with the MIDS ability to give the operators a huge upgrade in situational awareness will only help the EA-6B better support U.S. and Allied operations worldwide.

The IPT continues to provide new high quality systems and critical element updates to the fleet through use of its many resources. Lt. Tom Pham, EA-6B fleet liaison officer, talked about the constantly evolving nature of electronic warfare and how the IPT helps the warfighter gain the advantage in this battlefield. "The EA-6B IPT is not just a production and development team for new avionics and weapons systems. The team provides around the clock, 24-7, fleet support. I like to think of the team as EA-6B '911'. They can provide rapid response updates regarding jammer techniques and HARM targeting to any deployed squadron for any hot spot around the world."

The team is comprised of fleet experienced aviators and over 120 engineers who bring an average of 12-plus years of electronic warfare system development to the table. Utilizing its eight laboratories, the IPT works on a variety of electronic warfare projects including

Jammer Techniques Optimization (JATO), the High-Speed Anti-Radiation Missile (HARM) Block VI, the Electronic Warfare Tactical Information Report Management System (ETIRMS), and communications jamming through its USQ-113 Laboratory. These laboratories are built on the shared knowledge and expertise of the IPT team members and provide a unique and very effective integrated test facility for performing exhaustive system and mission effectiveness testing.

Lt. Cmdr. Scott "Whitey" Herzog, the EA-6B Military IPT Lead, talked about the advantages of the resources of the EW Lab. "The Point Mugu EA-6B IPT has some very unique attributes. The on-site AEA (Airborne Electronic Attack) system engineering expertise is the most comprehensive in the nation. Coupled with more than 33,000 square feet of laboratory space and a dedicated aircraft hangar, the IPT is tailor-made for complete systems integration, test and support."

Eventually, the aging EA-6B fleet will be replaced by the newer EF-18 (which will also incorporate ICAP III), which will later be complemented by the Joint Strike Fighter. But no matter which platform the military chooses to support its electronic warfare mission, you can be sure the IPT here at Point Mugu will be providing the warfighter with the latest and greatest in technology through its ongoing research and development of systems like ICAP III.

Navy Exchange employee pushing 40 years

There's a fixture at the Navy Exchange at Point Mugu. No, it's not the lights or the shelving units. It's Rose Howard, who's worked at the Port Hueneme and Point Mugu stores continuously since the early 1960s.

Howard had her first start with the Navy Exchange at the submarine base in Hawaii, not too long after the smoke cleared from the Dec. 7, 1941 attacks at Pearl Harbor.

"I saw the planes in the air that morning," Howard recalls. "I remember one of my Japanese neighbors had their country's flag displayed on the front of their house before the attacks."

Her time in Hawaii lasted until a Sailor named Wilburn stole her heart. Wilburn and Rose were married in 1946. When Wilburn was discharged from the Navy in 1947, they

moved to his home state of Oklahoma and started a family. "That only lasted about a year," explained Howard, a Hawaiian girl through and through. After their son was born, the Howards moved back to Hawaii. After another tour at Great Lakes, Ill., Wilburn, a civil servant, took orders and moved the family to the Oxnard Plain in 1960.

After raising four kids, Howard needed a reason to get out of the house and took a job at the Navy Exchange. After 39 years, Howard still works two days a week at the Point Mugu store. "I tried to retire in 1987, but they kept calling me back," said Howard, who lives in Oxnard with her daughter. Howard says it's not the money that's kept her employed at

See EMPLOYEE, page 15

NBVC helps feed those less fortunate on Thanksgiving ... page 12&13

Computers for sale ... cheap! ... page 5



NSWC Port Hueneme tests gun barrel cooling device

By NSWC Port Hueneme
Public Affairs

LOUISVILLE, Ky. – Naval Surface Warfare Center (NSWC) Port Hueneme Division's Louisville, Ky. detachment successfully tested a prototype internal water-cooling lance for the MK 45 Gun System's 5-inch gun barrel. The new lance will be safer, more effective and easier for Sailors to operate than the fog applicator currently in use.

Preliminary results of the testing indicate the new lance has three times the water output of the previous device and can help reduce cooling time. The improved

nozzle also diverts some water in a backward direction, so that once inserted, the lance holds position in the barrel without assistance.

This has widespread implications for the fleet, as there are currently 80 ships, equipped with 5-inch MK 45 Gun Systems that utilize such cooling devices.

Detachment Louisville conducted research to find the most effective and efficient way to enhance this cooling device. As a result, the equipment tested is a commercial off-the-shelf fire abatement product used for putting out silo fires. The equipment, manufactured by POK of North America, is made of

304 grade stainless steel and is durable enough to handle a shipboard environment for many years. Pending additional testing at NSWC Dahlgren Division, the design will be fine-tuned prior to quantity manufacture.

Detachment Louisville obtained the prototype free of charge from POK and was assisted by a local Louisville fire department in testing the prototype ashore, prior to actual shipboard testing. When the new lance is provided to the fleet, Detachment Louisville will also provide newly revised technical manuals, which detail the new procedure for using the cooling device, as well as revised misfiring procedures.

Navy and Marine Corps leaders recognize safety success

By JOC Walter T. Ham IV

CNO Public Affairs

WASHINGTON (NNS) – The most senior leadership of the Navy and Marine Corps praised six commands for tremendous safety records in a very unique ceremony Nov. 19 at the Pentagon.

As a sign of the importance of safety, Secretary of the Navy Gordon England, Chief of Naval Operations Adm. Vern Clark, Assistant Commandant of the Marine Corps Gen. William L. Nyland and Deputy Assistant Secretary of the Navy for Safety Connie DeWitte were all on hand to recognize USS *Theodore Roosevelt* (CVN 71), Marine Corps Base Hawaii, U.S. Naval Air Station Keflavik, Iceland,

USS *Benfold* (DDG 65), Marine Fighter Attack Squadron 232 and Strike Fighter Squadron 82 for their outstanding safety records.

England said that a renewed focus on safety is needed to protect Sailors and Marines.

"This is the Navy-Marine Corps family," the SECNAV said. "If you really love our people and you really care about our people, you don't let things happen to them. That's the way we need to look at this every single day."

The CNO said all six commands have set an example for every Navy and Marine Corps command to emulate.

"This focus on safety and focus on people who are doing it well is about protecting the most precious resource we have in

our institution: the men and women who wear the cloth of the nation," Clark said. "Ours is a dangerous profession. If the commander in chief directs that we go to war, this is not a safe evolution. Our business is about being able to go into harm's way. We want every Sailor and every Marine to understand the difference between willingly taking appropriate risks and taking unnecessary risks."

Nyland, attending because the Commandant of the Marine Corps was in Europe, said that improving safety awareness requires a "culture change."

"We have to understand that safety in and of itself is vital not only to the preservation of our wonderful young men and women, but also of the precious assets that they operate, maintain or take care of," Nyland said.

CNO says Navy gives president options

By JOC Walter T. Ham IV

CNO Public Affairs

ABOARD USS LA SALLE (NNS) – The Navy gives the president options by using the seas as a vast area to conduct prompt, precise and persistent combat operations, Chief of Naval Operations Adm. Vern Clark told command master chiefs aboard the 6th Fleet flagship USS *La Salle* (AGF 3) recently.

"Here's what our mission is: to take credible combat power to the far corners of the earth, to take the sovereignty of the United States of America anywhere we want," Clark said. "Our mission is to give the president options. Our mission is to be able to project combat power."

Clark added that Sea Power 21, the Navy's strategic vision for the 21st century, will build upon the Navy's traditional mission to extend the Navy's offensive and defensive reach, and increase the operational independence of armed forces.

"It's about being the most lethal, mean, fighting machine that we know how to be," the CNO said. "It's not about negotiating. They try to negotiate all of the solutions. It's good if they can. If they don't, what are we going to do? We're going to bring havoc and destruction."

The Lighthouse

The Official Newspaper of the Ventura County Navy Community
Naval Base Ventura County

Commanding Officer Capt. Paul S. Grossgold
Chief Staff Officer Capt. Robert J. Westberg Jr.
Public Affairs Officer Teri Reid

Lighthouse Staff

Managing Editor JO1 Alex Carfrae
Assistant Editor JO1(SW) Dave Hites
Journalist JO1 Lynn Kirby
Journalist Kim Upshaw
Photographer PH3 Tony Hayes
Photographer PHAN Shane Hadlick

Publisher

Publisher Paul Kinison
Business Manager Lisa Kinison
Production Manager Stuart Ibberson

Published by Aerotech News & Review, a private firm in no way connected with the Department of the Navy. Opinions expressed by writers herein are their own and are not considered an official expression by the Department of the Navy. The appearance of advertisements in this publication, including supplements and inserts, does not constitute an endorsement by the Department of the Navy or Aerotech News & Review of the products or services rendered. Deadline for editorial copy is 12 days prior to publication date. Editorial office is located at the NBVC Public Affairs Office, 311 Main Road Suite 1, Code N09V, Point Mugu, CA 93042. Telephone: (805) 989-8766. For advertising space and camera ready art reservations, call Aerotech News & Review (661) 945-5634. Everything advertised in this publication must be made available for purchase, use or patronage without regard to race, creed, color, sex or national origin of the purchaser, user or patron. A confirmed violation or rejection of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

Self help, a win-win situation



PHAN Shane Hadlick

UT1 Phyllis Thomas, self-help's leading petty officer, accepts the Bronze Hammer Award from NBVC Commanding Officer Capt. Paul Grossgold. The award was presented to NBVC for self-help projects that help provide better living conditions for Navy personnel and their families, enhance work spaces and morale, welfare and recreational facilities.

If you should ask me...

If you could have one superpower, what would it be?

"I would like to fly so that I could get to see everything."



AT1 Dwayne Brady, AIMD



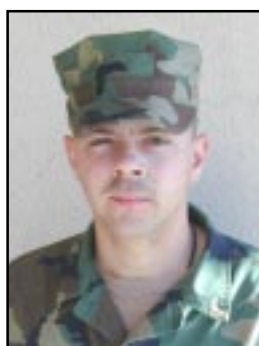
"I would like the ability to make everyone around me happy. It would be very useful on the Holidays."

Cmdr. Perry Schmidt, Naval Air Reserve

"A super photographic memory."



ABE2 Robert Baker Jr., CV Southwest 0376



"I would like to have psychic powers so that I could see into my future."

CMCN Jarrod Brannan, NMCB-40

"To be super fast to get a better score on the PRT."



SKC Greg Armstrong, CV Southwest 0376

Community Calendar

NLSO seeking VITA volunteers

Preparations for the Volunteer Income Tax Assistance Program (VITA) are underway at the Naval Legal Service Office. Each year, thousands of tax returns are prepared and filed electronically by the volunteers who support VITA. This saves servicemembers hundreds of thousands of dollars throughout the Navy.

In order to support area personnel, the Navy Legal Services Office needs many volunteers to learn the tax system to help servicemembers prepare their returns. More volunteers mean that more Sailors can be helped. Contact LN1 Salvador Gonzales at 982-4548 for more information.

NBVC Child ID Campaign

The tragic events of 9/11 and the subsequent orders by President Bush for all military members to get ready underscore the importance of making crime prevention a priority in our daily lives. By working together to better our neighborhoods and communities, we can defy and defeat not only terrorists, but other criminals as well.

The NBVC Navy Family Ombudsman and the NBVC Crime Prevention Officer are conducting the Children identification Campaign during the dates and times below.

The campaign consists of five data collection stages: 1: a photograph of the child; 2: a complete set of fingerprints; 3: a strand of hair with attached follicle; 4: a dental station; and 5: an administrative station.

Please join us to safeguard and return our children, just in case! If you have a special need, please email the crime prevention officer at stricklandc@nbvc.navy.mil. Don't forget, this time we are targeting children ages 6 months to 8 years. Hours are 2:30-6:30 p.m. unless otherwise noted.

Date	Location
Dec. 6	FFSC, Bldg. 116, Rm. #3, PM
Dec. 7	COMAEWWINGPAC (private Christmas party) 10 a.m. - 5 p.m.
Dec. 8	Open Date
Dec. 9	HQ, NBVC, Bldg. 1, Rm. 102, PM
Dec. 10	Base Chapel, Bldg. 1433, PH
Dec. 11	Base Chapel, Bldg. 121, PM
Dec. 12	FFSC, Bldg. 1169, PH
Dec. 13	Community Ctr., Bldg. 1078, Camarillo (Catalina Heights)
Dec. 14	HQ, NCBC, Bldg. 1000, PH 9 a.m. - 4 p.m.

Your blood needed

A United Blood Services blood drive is scheduled for Wednesday, Dec. 18 from 8 a.m. - 1 p.m., at the large parking lot by Point Mugu's main gate. Please call (805) 654-8104 or (800) 715-3699 for an appointment. You can now make your own appointment via the Internet at www.bloodhero.com. Fill in the information requested. The sponsor code for Mugu is mugul.

A United Blood Services blood drive is scheduled for Friday, Dec. 20 from 8 a.m. - 12:30 p.m., at Bldg. 1000 parking lot at Port Hueneme. Please call (805) 654-8104 or (800) 715-3699 for an appointment. You can now make your own appointment via the Internet at www.bloodhero.com. Fill in the information requested. The sponsor code for Mugu is mugul.

Toys for Tots

The Federal Fire Department is one of many helping with this year's Marine Corps Reserve "Toys for Tots drive." Now through Dec. 18, you can drop off a new unwrapped toy at the following locations:

Station 1: Point Mugu, Bldg. 642, 11th Street
Station 2: Port Hueneme, Bldg. 430 Patterson Rd.
Questions? Please contact the Fire Prevention Office at 989-7344 or 989-0617.

NMCI info

New computers began deployment Dec. 2 throughout NBVC. Port Hueneme employees will begin receiving NMCI computers on Dec. 9.

Employees are encouraged to attend the Operational Readiness Training (ORT) one day prior to receiving their NMCI seats. Training will be scheduled in accordance with the planned deployment schedule for each building. The cutover schedules are posted on the NBVC NMCI website: <http://199.114.28.9/vnn/>.

The new computers are being deployed at night and the deployment team will transfer your files from your MIGDATA folder to your new computer. Step by step instructions are available on the Ventura Navy Net by going to the following URL http://199.114.28.9/vnn/nmci/data/1_migdata.html.

Acceptance of your new NMCI computer will take place upon verification that you have access to your MIGDATA files from your new computers.

Help Desk services from the Network Operations Center (NOC) will be available after registration of your user ID and computer upon initial log-in.

Volunteers vital for success of VITA

By Kim Upshaw

Lighthouse Staff

More than \$1.6 million in refunds to military families and \$120,000 in tax preparation fees saved, that is what the approximately 25 volunteers of the Volunteer Income Tax Assistance program did for NBVC and it's residents in a four-month time frame early in 2002.

The VITA Program, which has been in effect for more than ten years onboard NBVC has helped countless service members over that span of time with their income tax preparation and filing, saving them millions of dollars in tax preparation fees alone.

The program tries to handle as many tax questions, issues and returns as it can. According to Lt. Mark Stewart of the Navy Legal Service Office, last year the program was able to accommodate about 95 percent of the taxpayers who asked for assistance. "We did everything from capital gains to dependent and childcare credit, said Stewart.

This year NLSO is hoping to have about 50 volunteers with four, possibly five computer stations manned at all times, on both their Port Hueneme and Point Mugu locations. "The volunteers are the key to the success of the program," said Stewart. "We only have about ten volunteers for the program so far

this year, there was a high turnover with PCS moves and deployment schedules changing like they have."

Stewart notes that they are looking for dedicated people who want to help others to volunteer. He is hoping to have all 50 volunteers prior to the Holidays so that the arrangements can be finalized for training. Each volunteer is required to go through a two-week training session, one week with the IRS on the Tax Wise Computer system and programs and one week with the California Franchise Tax Board. Both are currently scheduled for mid January.

Immediately following the training the centers will set-up and do trial runs for about a week in an effort to ensure that there are no glitches. The center is tentatively scheduled to open on Feb. 3 and Stewart hopes that there is enough volunteers to keep the centers open Monday through Friday from 11 a.m. to 4:30 p.m.

What do volunteers get from this program? "They get to help out their fellow shipmates with something that can sometimes be very confusing to the average person," said Stewart. "By volunteering for the VITA program Sailors also get training that can help educate them on their own financial situation as well. For those Sailors who want it, there is also the boost of community service on their

evals and fit reps as well."

Stewart is quick to point out that volunteers cannot only be active duty military members but also family members and civilians as well. "Volunteers can work as little or as much as they'd like," said Stewart. He also reminds us that more volunteers equal more hours the facilities can be open, which in turn equals more servicemembers that can be

helped.

Considering the fact that the average tax return costs about \$60 in preparation fees alone, the community service provided by these volunteers becomes a very valuable one. Anyone wishing to find out more information about the VITA program or to volunteer should contact LN1 Gonzales at (805) 982-4549.

Holiday Toy Express coming through!

The Metrolink Holiday Toy Express will visit Ventura County with stops scheduled in Montalvo, Oxnard, Camarillo, Moorpark, and Simi Valley.

A special car in the middle of the train will feature life-size Holiday displays, Santa and a stage where a Holiday musical will be performed.

All are invited to attend the events, and to donate a new, unwrapped toy. Dates and times are listed below.

Sunday, Dec. 8

5 p.m.	Montalvo Station
6 p.m.	Oxnard Station
6:45 p.m.	Camarillo Station
7:45 p.m.	Moorpark Station

Saturday, Dec. 14

5:15 p.m.	Simi Valley Station
-----------	---------------------

For station locations, visit www.metrolinktrains.com or call 1-800-COMMUTE.



Need a computer? Low cost opportunity available

When NMCI replaces existing work stations, what will happen to the old machines? Following is a list of FAQs about the DON Employee Buyback Program that should answer most questions about if and how base personnel can buy these systems. Please be an informed buyer and read this information completely.

How does the program work?

An announcement is sent out to the employees of the base providing the Web site location, login information and the start and finish dates of the reservation period, which is similar to a benefits open enrollment period. Employees that want to participate in the program should submit their Request to Purchase Form during the reservation period.

Once submitted, a confirmation email is sent out confirming the DON Employee Buyback team has received the request. Time passes until the rollout begins on site and computers are returned to the NMCI warehouse.

Equipment is held for the time established

by the Base CO, generally 2-4 weeks, to provide backup for data. The scrub team wipes the hard drives of all data and system software in compliance with DOD regulations, rendering all data unrecoverable. The scrub facility tracking system alerts the team lead when a CPU that has been requested for purchase is processed. The team lead flags the CPU, sets it aside and contacts the customer via email to schedule a time to inspect, pay for and pick up the equipment.

The customer arrives at the warehouse scrub facility, picks out a keyboard and a mouse, inspects the monitor and CPU or laptop, and either agrees to purchase or turns down purchase of the computer. A place will be provided for customers to power up and inspect the devices.

Who is eligible to participate in the program?

Originally, participants were limited to Department of Navy (DoN) and Marine Corps personnel. However, eligibility has been extended to include DoN contractors, civilians working on base and Information Strike Force personnel.

What equipment is eligible for purchase?

The equipment eligible for purchase is the legacy computers that are being replaced via the NMCI upgrade project, specifically, desktops and laptops that do not have the silver Information Strike Force sticker or that are not leased. LAN/WAN equipment (routers, switches, hubs) and printers are not eligible.

Is there a limit to the number of computers that can be purchased?

Yes. Those who are eligible can purchase up to three computers.

May I purchase the computer I have been using?

Yes. However, the computer must be of the type that is eligible for purchase. Also, you must submit a Request to Purchase Form (available at the bottom of the page) before the end of the reservation period established for your base, and you must be able to provide the Jtag or Serial number of the computer. The DoN Employee Buyback Team will make every effort to have your existing PC

available for your purchase.

Will I receive the same monitor I am using with the purchase?

We are unable to guarantee the same monitor will be provided to you with your purchase. However, we will be providing 17-inch monitors with your purchase. Flat Screen monitors and monitors with screens greater than 17 inches are earmarked for redeployment.

Why must the equipment be turned in to the warehouse if I plan to buy the one I am using?

DoD regulations state the equipment must be wiped with DoD-compliant software and ownership transferred to Information Strike Force prior to being sold. The Information Strike Force must hold the computer equipment 1-4 weeks, depending on the base, prior to wiping the computer. In addition, the wiping process takes 2-3 hours per device to complete; therefore, it is not feasible for com-

See COMPUTER, page 10

Live fire lets NMCB-4 Seabees put steel on target

Story and Photos by

JO1 Rich Henson

NMCB-4 Public Affairs

CAMP ROBERTS ARMY NATIONAL GUARD CENTER, Calif. – BUCN Scott Kleinschmit set the rangefinder on his M-203 grenade launcher at 275 yards. Stooping down he pulled one 40mm high-explosive grenade from his satchel, placed it in the grenade breech and closed it, ready to fire.

With careful aim, Kleinschmit sighted on his intended target, silhouettes representing an approaching enemy patrol. Letting out a breath, he disengaged the safety and squeezed the trigger on his grenade launcher.

Kleinschmit was able to see the grenade sail through the air and land dead center of the target, enveloping it in a cloud of dark gray smoke. His line coach, EO2(SCW) Michael Swaja of the 31st Naval Construction Regiment (31st NCR), patted Kleinschmit on the shoulder and said, "Good shot! That was dead on!"

While the first major storm of the winter season poured cold rain on California, Seabees from Naval Mobile Construction Battalion (NMCB) Four created rain of their own, steel rain, on hundreds of targets at the Camp Roberts Army National Guard Center, 30 miles north of the city of Paso Robles.

"A lot of our weapons in the Seabees are crew served, meaning that it takes more than one person to operate," explains CWO2 Charles Schell, NMCB-4's training officer. "A classroom environment is one thing, but the only way we can get the Seabee proficient at their weapon is to get them in the field and squeeze off a few rounds."

Seabee crews from "Fab Four" made the trip from Port Hueneme to Camp Roberts to

practice firing mortars, anti-tank weapons, M-60 machine guns and the M-203 grenade launcher, which requires one person to operate.

BU3(SCW) Justin Montana, MS3 Tanika Austin and MS3 Antoine Johnson were part of a mortar crew sending live rounds down range. For Austin, this was her first time using the mortar, a weapon she has grown fond of using.

"I was nervous about that first round going off," Austin recalls during a break in firing. "They said 'fire,' I dropped the round and got down. After I heard it fire I looked out to see if we were able to hit our target, then this cloud of smoke came up from a tank on the far side of the hill. When they said fire for effect, we were putting rounds on target."

SK3 Randall Lovett was also nervous when he held his AT4 anti-tank rocket on his shoulder.

"I was worried about not hitting the target or the shot going into the ground before it reached the target," Lovett remembers. "But I relaxed, sighted in and pressed the trigger. I felt this rush of heat and saw the round sail right to the center of the target and explode. AT4 is nothing to fool around with, it's serious."

BU2(SCW) Maria Cruz and BU2(SCW) Tam Nguyen were at the nearby machine gun range testing the M-60's effective range.

"We were hitting targets all over the range, a truck there, a tank way out there," Nguyen stated. "We know an M-60 is useless against a tank, but myself and Cruz were tearing targets up out there. Yeah, the M-60 may be old, but it's still a good weapon to have when the going gets rough."

After three days of live fire in miserable conditions, the weapons teams of NMCB-4 returned confidently to Port Hueneme with one thing that was certain: If they want to "reach out and touch" the enemy, they can.



A 31st NCR tactics instructor gives one of two AT4 anti-tank rockets to an NMCB-4 Seabee.



As BU2 (SCW) Maria Cruz waits, BU2 (SCW) Tam Nguyen changes out a barrel on an M-60 machine gun.



From left, MS3 Antoine Johnson holds the legs of the mortar down as MS3 Tanika Austin holds the mortar round in the ready position. Looking on is BU3 (SCW) Justin Montana.

NBVC rules and regulations, what residents need to know

By Kim Upshaw

Lighthouse Staff

As hunting season is now in full swing, rules and regulations regarding firearms and ammunitions, including their use and storage, are important to remember. As Naval Base Ventura County is now at a heightened security level, base residents may have noticed changes regarding firearms.

Transportation of firearms can be a serious issue. It is important that all regulations are followed in this matter, as vehicle checks are ongoing onboard NBVC. If you are transporting a weapon illegally it could cause a myriad of problems including detainment and state and federal charges.

According to CBC INST3570.3E, anyone coming aboard NBVC with any kind of firearm in his or her possession must have, along with the firearm, an NBVC registration form.

This form shows that the weapon has been registered on NBVC and includes information such as serial numbers and the make and model of the weapon.

The process for registering your firearm is simple. Upon purchase of a new firearm you should immediately go to base security dispatch to register your weapon. It is imperative that you bring the weapon with you so that serial numbers can be recorded. No weapon with altered serial numbers can be registered or brought on to NBVC. Other registration restrictions may apply so please be sure to contact dispatch or the armory with your specific questions.

Personal weapons as well as ammunition are not permitted in bachelor's quarters at all. Storage is available at the armories on both Point Mugu and Port Hueneme sites for servicemembers who reside in the barracks. If a service member desires to withdraw their weapon for use in hunting or target shooting they simply contact the armory and make arrangements to pick up their weapon. When they are finished with it they are required to return it to the armory or to base security dispatch if it is after normal business hours.

Storage of firearms in housing has its own set of rules as well. Violations of any of these regulations can result in loss of housing privileges. Firearms and ammunition must be stored separately from each other in locked cabinets or containers, away from children's access. Absolutely no loaded firearms may be kept in quarters.

BB Guns, air rifles, air guns and bows and arrows are considered firearms. Weapons prohibited by state and federal law such as switchblades, stiletto knives, black jacks, brass knuckles and zip guns may not be kept

in quarters.

The use of BB guns, pellet-type guns, bows and arrows, sling shots, or any other projectile propelling device is prohibited on government property, including all housing areas, except on established ranges, or with specific permission of the commanding officer or security police.

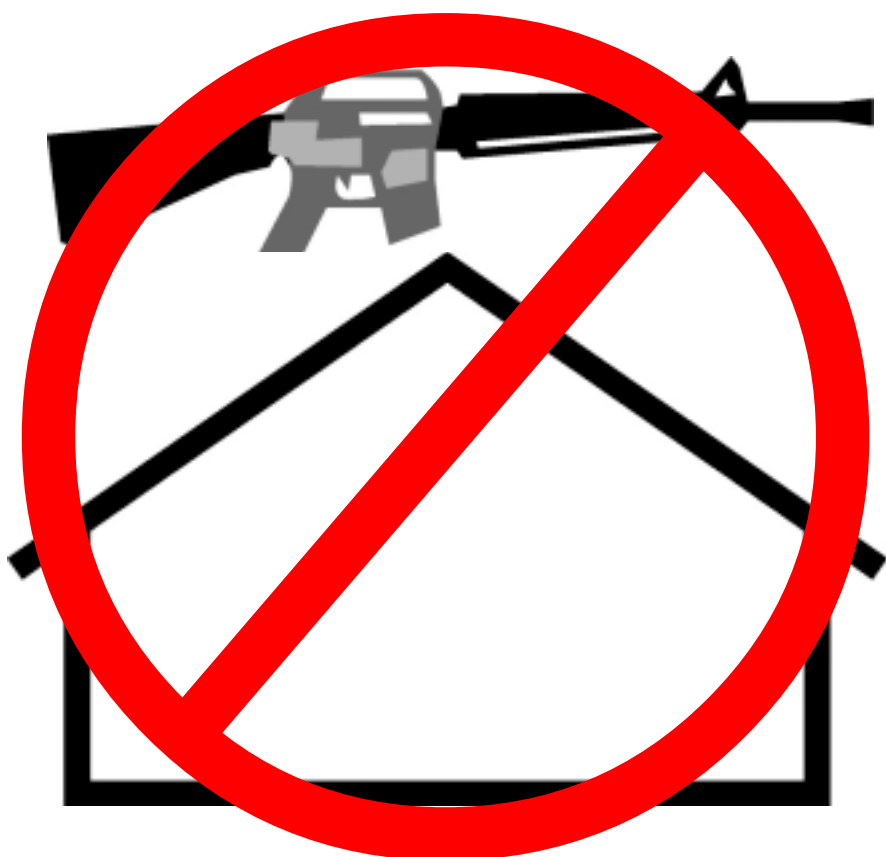
Loss, sale or theft of personal weapons should be reported to security immediately. The armory where you registered your weapons should be notified of PCS moves so that they can update their database as well. Once a year owners are required to certify in writing complete accuracy of weapons held in their quarters. This certification should be given to the armory on the base where you reside.

Upon entering the installation persons carrying firearms in their vehicles are required to inform the security officer at the gate that they are transporting a firearm and are required to show an NBVC registration certificate. For this purpose registration certificates should always be kept with the firearms in the servicemember's possession.

No unregistered firearms are allowed to be brought aboard NBVC. All firearms shall remain cased and unloaded and secured in the servicemember's vehicle and only removed for use in hunting areas, or to be stored in the servicemember's quarters or to the armory.

One final note: the registration certificate issued by NBVC does not grant the holder the right to own a firearm; it is for transportation purposes only. All persons who wish to own firearms are still required to abide by the rules and laws set forth by the federal government and the state of California.

For more information call (805) 982-4716 or (805) 989-7756.



NMCB-5 Seabees spend a day at 'The Rock'

By NMCB-5 Public Affairs Office

CAMP MITCHELL, Rota Spain - "... And up ahead is the place where John Lennon and Yoko Ono were married. It's also where Sean Connery of 007 fame got married."

Six pairs of the oohs and aahs that followed the tour guide's dissertation on downtown Gibraltar belonged to Seabees from Naval Mobile Construction Battalion (NMCB) Five during the Sept. 28 tour of the world-famous Rock of Gibraltar. The tour included a boat ride on the Bay of Gibraltar to view dolphins. The one-day tour was sponsored by Morale, Welfare and Recreation's Information, Tickets and

Travel office.

There was a lot to absorb in one day. After the three-hour bus ride from Naval Station Rota to Gibraltar, a sprawling, coastal city of 30,000 people, the tour party was scheduled to board a chartered sight-seeing boat for a mid-morning bay ride to view the dolphins. Due to low visibility, the ride was postponed until later in the day. Instead, the group did the next best thing - shop - and take in the ambiance of the downtown City Centre.

"We were told there might be a chance that fog would delay the boat ride," said JO1(SW) Scott Sutherland. "But that didn't dampen people's enthusiasm. Besides, one person's reason for not taking a boat ride is

another person's excuse for shopping. And there was certainly a shopper's sky out that morning."

For lunch, a few Seabees buddied up and ate at a quiet Irish pub, which might be an oxymoron, but remember, it was only 11 a.m. While they nibbled on their meal, The Ryder Cup golf challenge was on TV. The irony wasn't lost on the Seabee lunch crowd - four Americans, in an Irish pub, watching American golfers take on the Europeans.

After lunch, the tour group boarded smaller buses, which made its way up The Rock's winding, narrow road. The vertical route soon led them into the heart of a suburban jungle, where rock apes - actually, tailless monkeys known as Barbary Macaques - greeted the visitors and the marsupials made it clear it was their feeding time. The monkeys are aggressive when it comes to food (sometimes jumping on people in hopes of snatching a snack) but otherwise harmless. One Seabee, EACN John-Paul Mitchell, of NMCB-5's Operation's Department, went ape over the monkeys.

"I thought the monkeys were awesome," said Mitchell, who was one of the few brave souls who actually mingled with the tailless primates. He showed no fear even though a few of the creatures snapped at him. Nothing ventured, nothing gained.

Another feature of The Rock is what's billed as "Europe's most dramatic natural grottoes" - St. Michael's Cave. As the tour group

continued its climb, NMCB-5's MS3 Michael Cline, gazing in apt rapture near the cave entrance, said, "I sure hope we get to see the inside of the cave." Cline got his wish when it became apparent the group would do just that.

The Rock portion of the day's events concluded with a walk through the Great Siege Tunnels. Excavated by members of the British Army during the Great Siege of 1779-83, the tunnels form part of a giant defense system. According to tour information, there are 33 miles of tunnels in The Rock.

"I was amazed at the amount and length of the tunnel system," said Cline. "From my standpoint, as a cook, I couldn't imagine preparing and cooking for 30,000 people every day for eight months. That's pretty amazing."

Another Seabee from "The Professionals" who took the tour, UT1 Frank Presley was on a quest for historical knowledge. That's why he liked traipsing through St. Michael's Caves. "I enjoyed learning about the cave's history," said Presley. "It was interesting to find out that during World War II, the upper hall of the cave was used as an emergency hospital."

An underground city also existed during that time frame. It had its own electricity supply, telephone exchanges, frozen meat stores, water distillers, and bakery.

The tour concluded with an hour-long boat ride on Gibraltar Bay. The dolphins were out, as were Seabee smiles.



U.S. Navy

EACN John-Paul Mitchell gets as close as he can to one of Rock of Gibraltar's inhabitants, a Barbary Ape.

MUSE technician selected for conversion to EOD

By CE1 Larry E. Hurt

For MUSE Public Affairs

One of the Navy's newest selections for Explosive Ordnance Disposal (EOD) training stems from right here at Naval Construction Battalion Center, Port Hueneme, Mobile Utilities Support Equipment (MUSE) Division. SW1 Travis J. Schellpeper was recently selected for this highly skilled team. He'll have many hurdles to overcome before he earns the EOD badge, but he says, "I like to challenge myself, I always have, both physically and mentally." Historically, the MUSE program molded the development of six personnel to naval officer commissions and now - the first Navy Dive Program candidate.

Schellpeper's journey will begin on Feb. 03, 2003 with 37 days in Coronado, Calif., for what is commonly referred to as

PSI school or Prospective Students in Training. While at PSI, he will be taught some of the primary skills required for dive school, such as mask, fin, snorkel exercises, drown proofing, and some parts of the Navy Dive Manual. Oh, and don't forget the physical training, there will be lots of PT.

A native of Lincoln, Neb., Schellpeper joined the Navy in October 1989. After completing boot camp in Great Lakes, Ill., he was transferred to Naval Air Technical Training Command (NATTC), Millington, Tenn., to Aviation Electrician (AE) "A" School. His follow-on assignment was to Naval Air Station, Fallon, Nev. He spent the next four years working on one of the Navy's most sophisticated aircraft, the F/A-18 Hornet.

He then applied for conversion to a Steel Worker, and was promptly sent to "A" School at Naval Construction Training Center, Port Hueneme, Calif. He was

detailed to Naval Mobile Construction Battalion Forty where he deployed to Spain, Guam, Thailand, Greece, and Bosnia. As if his career was not challenging enough, he continued to seek additional growth by applying for and being accepted into the MUSE program. Schellpeper transferred to Fort Belvoir, Va. for the Army's 52-week Prime Power Production Specialist Course where he earned the 5633 NEC (MUSE Technician). He is currently a Detail Petty Officer in Charge, in the Field Operation Branch. He deploys with a team to worldwide Department of Defense activities supporting their utility mission requirements.

"The EOD program seemed to be the most challenging [program] to me, with endless possibilities of personal and professional growth" says Schellpeper. He also hopes his experiences with the Seabees will ultimately help him in the

EOD community. Whether rendering safe munitions, jumping out of airplanes, or diving, the MUSE team knows SW1 Schellpeper will fair well and wishes him "God Speed" in all he does.



SW1 Travis J. Schellpeper

Has NBVC Point Mugu gone to the birds?

By Laura Muhs

NBVC B.A.S.H. Program Manager

Those who either work or live at Point Mugu may have noticed all the wildlife that shares the installation. Due to Point Mugu's proximity to the Pacific Ocean, many different species of birds call Point Mugu home. Pelicans, shorebirds, waterfowl, herons, owls, hawks, and eagles are just a few examples. Many birds live here all year long, while others simply stop over briefly along their migration route northward in the spring and southward in the fall. Nevertheless, you are sure to see a wide variety of bird species year round here at Point Mugu.

The diversity of wildlife provides people with the opportunity to enjoy nature and learn about different species of birds in their natural environment. However, too many birds can sometimes be in conflict with the military

mission of the base. Therefore, the base Environmental office is responsible for properly managing the bird populations present at Point Mugu. Specifically, the Bird Aircraft Strike Hazard (B.A.S.H.) program was created to manage the aviation safety hazard associated with a collision between a bird(s), or any other wildlife, and an aircraft by controlling the number, type, and frequency of birds in the airfield environment.

The Navy has reported approximately 20,000 birdstrikes nationwide since 1980. At Point Mugu, there have been 11 birdstrikes since 1980 that resulted in over \$83 million in damage to aircraft, one of which was completely destroyed. Luckily, there has been no loss of life at Point Mugu due to a birdstrike. While the aircraft that operate at Point Mugu have crossed the paths of many more birds over the years, these encounters have been comparatively less problematic. Nevertheless, it is important to be aware of the poten-



Mugu Lagoon is an important part of the ecosystem on base.

COMPUTER, from page 5

computers to be wiped desk-side. All computers must be processed in our scrub facility in order to comply with DoD regulations. Therefore, legacy computers must be turned in to the warehouse.

What accessories are included with the purchase of a computer?

All desktop purchases include CPU, monitor, keyboard, mouse, and power cables. Devices installed in the CPU such as CD/CDR drive, zip drive, tape drive, network card, sound cards, video cards and modems that are currently installed in the computer will remain in the computer. All laptop purchases include the laptop, power supply and CDROM. Other items such as diskette drives, additional batteries and cases are not guaranteed with purchase, but may be available if provided with the computer when turned in to EDS. Please note that laptop quantities are limited.

What peripheral devices are not included with a computer?

Peripherals that are external to the computer such as speakers, Jazz drives, zip drives, CD/CDR drives and docking stations (for laptops) are not included due to a severe shortage of such devices. Printers are not available for sale.

What is the condition of the equipment?

All assets will be purchased "as is" and considered "final sale." Any PC made available for sale has been powered on and had its internal hard drive erased via the external floppy drive. The operating system and all application software have been removed in accordance with the Department of Defense (DoD) regulations regarding Hard Drive Erasure. Upon completion, the hard drive has been formatted with a freeware version of DOS 6.22. None of these assets has any warranty. None of



Point Mugu's protected wetlands ensure the wildlife's habitat will not be disturbed.

tial hazard and the steps that can be taken to minimize the risk to our aviators.

Despite where on base you work, if you are attached to NBVC, then you need to be aware of the B.A.S.H. program and how your actions may impact the success of the program here. Those who live or recreate at Point Mugu need to be aware that certain actions can both positively and negatively affect the B.A.S.H. program. For example, feeding wildlife on the beaches is prohibited because this can lead to a very serious bird hazard directly along the flight paths of several aircraft using the Point Mugu airfield. Also, make sure you always dispose of trash properly and close dumpster lids so that you minimize the

potential for attracting birds in large numbers. Finally, report roadkill found on roads near the airfield to the B.A.S.H. Program Manager. If you keep these simple requests in mind, you are doing your part to help keep aviators safe.

For additional information about the B.A.S.H. program, contact me, B.A.S.H. Program Manager at 989-3204 (office), (805) 901-0072 (cel), or muhsr@nbvc.navy.mil (email). Also, visit the NBVC B.A.S.H. Website at http://199.114.28.9/vnn/enviro/Programs/bash/index_bash.html on the NBVC Intranet.

these assets is returnable or refundable.

May I select which computer I purchase other than my own?

Unfortunately, we are unable to offer that option. However, you may select a computer based on processor speed, and whether you want a desktop or laptop. The DoN Employee Buyback Team will select compatible assets for you.

What type of payment is accepted for the purchase?

You may pay for your computer purchase with a money order or cashier's check only. Payment is due in full at the time of purchase.

How do I submit a request to purchase a computer?

When you are ready to purchase a computer, click on the Request to Purchase

Form button at the top of this page. Once you have completed your Request to Purchase Form, you will receive a confirmation email from the DoN Employee Buyback Team.

What happens after I receive my confirmation email?

As outlined above, many actions must take place before your request can be processed. It may be weeks from the day you submit your request until the day you pick it up. It is completely dependent on the rollout and how quickly retrograde equipment is returned to the warehouse and made available for the sale.

What if I change my mind?

If for any reason you should decide that you do not want the equipment, please send an email to ldyett@teksystems.com requesting to cancel.

Seabees are baptized in Atlantic Ocean

By JO1 (SW) Scott Sutherland

NMCB-5 Public Affairs

CAMP MITCHELL Rota, Spain – In a rare oceanside church service held on Naval Station Rota, two Seabees from Naval Mobile Construction Battalion (NMCB) Five were baptized in the Atlantic Ocean, Nov. 3.

UTCN Terrence Bell and BU3 Christopher Young followed NMCB-5 Chaplain Lt. Terry Roberts into the water near Pier 3 on the naval station's waterfront, then took the oath of baptism before being submerged by Roberts into the cold, shallow water.

"It's a spiritual cleansing for you," Roberts told Bell and Young. "Being baptized means your sins are buried. It's not the end, but the beginning of walking with Jesus Christ in your life."

According to popular theology, water baptism started with the New Testament. In it, God outlined how humans enter into salvation through the forgiveness of sin, and that baptism is a symbol of salvation.

"It's a wonderful day, and a new beginning for me," said Bell, a native of Chippewa Falls, Wis.

The special beach service was ac-

tually scheduled for Bell's baptism, but Young decided on-the-spot that he also wanted to be baptized.

"I'd been debating whether or not to get baptized," said Young, a native of Pataskala, Ohio. "I asked myself, 'What's hindering me?' It's a big commitment, and I'm glad I made the choice."

"I'm actually excited and nervous about this," said Roberts, before the ceremony. "This is the first time I've performed an ocean baptism."

There are five types of baptism – baptism of repentance, baptism into the body of Christ, baptism in water, baptism into the Holy Spirit, and baptism with fire. Water baptism is biblically meant for all people who have repented and have consequently been baptized into the body of Christ. Water baptism is genuinely for those who are saved – having washed their sins by the blood of Jesus Christ. This type of baptism doesn't save a person from sin, but it is a recognition rite, confirming a person's coming into the Church of Christ.

For Bell and Young, Nov. 3 won't be just another day on the calendar. Nor will it be remembered for the cold dip in the Atlantic Ocean. Instead, Nov. 3, will be marked as their new beginning.



U.S. Navy
BU3 Chris Young (left) and UTCN Terrence Bell flank NMCB-5 Chaplain Lt. Terry Roberts as they take their oath of baptism, or "public profession of faith," in the Atlantic Ocean.

Native American hero tells his story



PH3 Tony Hayes

Capt. Mark Swaney joins Joe Vandever Sr. at a luncheon honoring Native Americans. Vandever, one of the original 389 Navajo Code Talkers of World War II, served with various units of the Marine Corps, from 1943 to 1946 in the South Pacific. Navajo Code Talkers served with distinction during World War II and played a crucial role in the U.S. victory in the Pacific.

NSWC Port Hueneme improves feedback response time to fleet maintenance issues

By NSWC Port Hueneme Division Public Affairs

PORT HUENEME, Calif. – Naval Surface Warfare Center Port Hueneme Division is enhancing fleet readiness by dramatically improving its response time in addressing maintenance procedure discrepancies.

Port Hueneme Division has drastically reduced the average response time of the Planned Maintenance System (PMS) Technical Feedback Report (TFBR). Through a new process developed at the command, the average response time for FY02 was cut to 18 working days, compared to the 32 working days it took in FY01.

The latest response time exceeds Naval Sea Systems Command's requirement for the in-service engineering agent to review and prepare a ship response within 21 working days.

The PMS TFBR is used by fleet and shore activities to notify the Fleet Technical Support Centers (Pacific/Atlantic) or type commander of matters related to PMS, such as discrepancies sent in by ships reporting problems with maintenance procedures. The report is a communications link between ships and engineers.

Port Hueneme Division receives TFBRs, which are technical in nature, electronically via the Planned Maintenance System Management Information System (PMS/MIS). They are then forwarded to the appropriate engineering departments within Port Hueneme Division for action. The command PMS TFBR manager electronically downloads and transmits the TFBRs from the PMS/MIS to the engineering community by e-mail. Some responses are sent electronically via e-mail to the originator of the TFBR and other applicable holders.

The streamlined notification process assigns actions to the appropriate engineering department within minutes, accelerates response to fleet PMS issues, reduces administrative expenses, and results in substantial cost savings.

EMPLOYEE, from page 1



Rose Howard

the same company for nearly 40 years, but it's the people that she sees on a daily basis. "I love my customers." She still greets anyone who asks with a big hug, "and a kiss for the cute ones," she jokes.

Howard isn't afraid to go above and beyond to make sure the customers stay happy. Howard remembers a time when the Exchange hadn't ordered enough National Defense ribbons and one of the Seabee battalions was getting ready for a major uniform inspection.

"I didn't want to see the guys get in trouble for not having the right uniform items, so on our own time, myself and a co-worker took apart some slower-selling ribbons and made them into National Defense ribbons using ribbon material from a roll we had at the Exchange," Howard explained. "I'll do whatever it takes to keep them satisfied and coming back to the Exchange."

Diabetes Awareness Month: Get a checkup

By JO3 Rebecca Horton

*National Naval Medical
Center Public Affairs*

BETHESDA, Md. (NNS) — Seventeen million Americans have diabetes, and about a third of them don't know it, according to the American Diabetes Association (ADA).

During National Diabetes Awareness Month, the ADA is reminding everyone with diabetes to get a fully dilated eye exam each year.

With its complications — blindness, kidney disease, amputations, heart attack and stroke — diabetes is the fifth leading cause of death by disease in the United States. National Naval Medical Center's (NNMC) Diabetes educator Sue Marullo said that since diabetes is the leading cause of blindness, it is important for everyone with this condition to get their eyes checked yearly.

"Diabetes is a metabolic disease in which the body does not produce or properly use insulin to regulate the level of glucose (sugar) in the blood," Marullo said.

According to the ADA, there are two

types of diabetes, Type 1 and Type 2. Type 1, formerly called insulin-dependent or juvenile diabetes, often runs in families. Although it can occur at any age, it usually develops before the age of 30.

About 12,000 children in the United States get diabetes every year. People with Type 1 diabetes usually don't produce insulin because pancreatic beta cells have been destroyed. Treatment of Type 1 diabetes requires a strict daily regimen that includes a carefully monitored diet, insulin injections and monitoring of blood glucose.

Type 2 diabetes, formerly called non-insulin-dependent or adult-onset diabetes, typically develops after the age of 45, but can appear earlier. People with Type 2 diabetes produce some insulin, but the body cannot use it effectively. Treatment includes weight loss (many Type 2's are overweight), proper diet, monitoring of blood glucose and exercise. Most cases are treated with oral medication or insulin injections.

Feeling better and preventing future complications are two very good reasons to learn as much as possible about this disease.



Stress and your point of view

By Chuck Hillig, MFT

You live your life out *into* all of the beliefs that you hold to be true. Consequently, the quality of your everyday life is actually a direct reflection of your most strongly-held beliefs. Amazingly, the Universe is designed to support and validate all of your beliefs...no matter how weird, irrational, destructive or self-limiting those beliefs might be. Because the Universe wants to make your world-view "right," it automatically brings into your life whatever proof and evidence that's necessary for you to continue to justify these same beliefs.

For example, let's say that you strongly believe that "Most people can't be trusted." Once that belief takes root, you will unconsciously shape your interactions with other people in ways that will, quite mysteriously, actually encourage them to be untrustworthy in their dealings with *you*. In short, you are likely to get what you expect because, in life, you are always attracting both what you desire *and* what you fear. Your heart and the direction of your life will automatically move towards whatever it is that your mind is paying attention to.

Three false beliefs that cause stress:

FALSE BELIEF #1: "I'm stressed out because other people are *making* me feel things (e.g. hurt, anger, etc.)."

FACT: Actually *you* are personally responsible for being the source and creator of absolutely everything that you think, feel, say and do. In short, nobody out there is "doing it to you." If you believe that other people are somehow "making" you feel something negative (like hurt or anger), then you'll likely feel victimized, stressed and angry until they stop doing what they're doing. Whenever you lay the responsibility for your own uncomfortable feelings on someone else's doorstep, however, you're taking yourself off the responsibility hook and, instead, demanding that someone else needs to change first. Remember, though, that if you don't own your *own* feelings, they will end up owning *you*.

FALSE BELIEF #2: "I'm always stressed out because certain things and people (e.g. traffic jams, an intrusive neighbor, my wife, etc.) should *not* be the way that they are!"

FACT: But how can you possibly know that? The truth is that the conditions for things or people to be otherwise than how they are this instant don't really exist. If they *did* exist, then another reality would be present instead of the one that *is* present.

When you resist how life is showing up for you, you will create a lot of stress and anger that will be mostly determined by the number of items that you have on your "should/should not" list. (e.g. "I should always be respected!" "She should not be saying that to me.")

FALSE BELIEF #3: "I'm always stressed out because I always have a lot of things that I have to do."

FACT: In truth, there are only *two* things that you "have" to do in life. 1) make decisions and 2) die. Everything else, however, is a free-will choice. Be responsible for your own choices in life by consciously and deliberately *choosing* what you are doing instead of acting as if you have no choice. There's a big difference how your body reacts to these two sentences: "I *have* to go to work today." and "I consciously *choose* to go to work today." You'll still be going to work either way, but the second statement is much more empowering and, consequently, much less stressful.

Three final thoughts:

1) Have you noticed that we're a lot like "two-legged judgment-machines?" If we want to lower our stress, we need to stop value-judging both ourselves and everyone else. When we stop morally condemning others for not conforming to *our* personal values, for not supporting *our* wishes or for not living up to *our* expectations about what "should" be, then we can greatly lower our stress levels.

2) We also need to stop resisting the uncomfortable realities of life. Stop saying "no" to *what is*. Things (and people) are going to be exactly as they are...whether *you* are aboard with it or not. Stop arguing with life; after all, it was here first when you showed up. We always add to our stress whenever we're emotionally unwilling to fully accept and embrace life...on *life's* terms.

3) Finally, you can lower your stress by simply changing your point of view about both yourself and about the world. Quite mysteriously, when you change how you're looking at things, the very things that you're looking at will begin to change.

Remember, learning how to manage your everyday stress is extremely important. After all, if you don't take care of your body, where are you going to live?

I am a clinical counselor at the FFSC at Pt. Hueneme. Every quarter, I conduct a 4-week stress management class. Please call 982-5037 for more information about the winter schedule.

FFSC Schedule

Point Mugu

Please call 989-8146 for further information or to sign up for classes.

Anger Management, Dec. 5, 9 - 11 a.m., Bldg. 116

Parenting Skills, Dec. 5, 2 - 4 p.m., Bldg. 116

TAP, Dec. 9 - 12, 8 a.m. - 4 p.m., Bldg. 116

Personal Financial Management, Dec. 11, 8 a.m. - 4 p.m., Bldg. 116

Anger Management, Dec. 12, 9 - 11 a.m., Bldg. 116

Parenting Skills, Dec. 12, 2 - 4 p.m., Bldg. 116

Christmas Cookies for Single Sailors, Dec. 18-20, 8 a.m. - 4 p.m., Bldg. 1169

Volunteers needed to bake, package and deliver. POC: Tonja Delgado, 982-5328.

Play Mornings, Every Tues. 9 a.m. - 11 a.m., Chapel Nursery

Preparation Briefs, Every Thurs., 2 p.m., Bldg. 116

Port Hueneme

Please call 982-4117 for further information or to sign up for classes.

Adecco, Dec. 5, 4-5 p.m., Bldg. 1169

Homebuying, Dec. 10, 6-8 p.m., Bldg. 1169

Adecco, Dec. 12, 4-5 p.m., Bldg. 1169

Heartburn to Hiccups, Dec. 17, 5:30-8 p.m., Bldg. 1169

Savings & Investments, Dec. 17, 6-8 p.m., Bldg. 1169

Personal Financial Management, Dec. 18, 8 a.m.-4 p.m., Bldg. 1169

Christmas Cookies for Single Sailors, Dec. 18-20, 8 a.m. - 4 p.m., Bldg. 1169

Volunteers needed to bake, package and deliver. POC: Tonja Delgado, 982-5328.

Baby & Me, Every Thurs., 11:00 a.m. - Noon, Bldg. 1169

Retired Activities Office (RAO), Daily, 8 a.m. - 4 p.m., Bldg. 1169

Preparation Briefs, Every Tues. 2 p.m., Bldg. 1169

Chapel Schedule

Point Mugu

For information please phone 989-7967.

Worship

Sunday Mass: 9 a.m.

Sunday Protestant Worship: 11 a.m.

Weekday Mass: Tuesday & Thursday at 11:30 a.m.

Religious Education

Catholic CCD: Sunday at 10:15 a.m. and Monday at 6 p.m.

Protestant Children's Church: Sundays during worship.

For information regarding the Sacraments, please call the office.

Port Hueneme

For information please phone 982-4358.

Worship

Saturday Mass: 5 p.m.

Sunday Mass: 11 a.m.

Sunday Protestant Worship: 9 a.m.

Christian Science Service: 2 p.m.

Weekday Mass: Monday, Wednesday and Friday at 11:30 a.m.

Religious Education

Sunday Adult Protestant Education: 8 a.m.

Protestant Children's Church up to 5th grade during worship*

* (3 Sundays Per Month)

Catholic CCD: Tuesday at 5 p.m. and 6:30 p.m.



Naval Ambulatory Care Center Port Hueneme: General Information

NACC provides medical services to the military communities at Port Hueneme, Point Mugu, San Nicolas Island and Seal Beach, Calif.

Port Hueneme Clinic Hours of Operation:

Monday - Thursday 7:30 a.m., to 7 p.m.

Friday 7:30 a.m., to 4:30 p.m.

Saturday 8 a.m., to noon.

General Information: Call 982-6301

Point Mugu Clinic Hours of Operation: Monday - Friday 7:30 a.m., to 4 p.m. (active duty only)

General Information: Call 989-8815 or 8816

After Hours Care Medical officer of the day and emergency room authorization (805) 989-8815 or 8816.

Port Hueneme 24-Hour Emergency Ambulance response Dial: 9-1-1.

Point Mugu 24-Hour Emergency Ambulance response Dial: 989-8815/8816.

Appointment Information Port Hueneme clinic appointment line: 982-6455.

Hours 7:30 a.m. to 4:30 p.m., after 4:30: 982-6304.

Point Mugu clinic appointment line: 989-8132.

Hours 7:30 a.m., to 4 p.m. To book appointments online go to www.tricareonline.com. You must be a Tricare Prime member of NACC Port Hueneme. If you are not currently registered, it just takes a few moments before enjoying the benefits of Tricare Online.

Physician & Clinic Information

For physician profile information, on-line pharmacy refill ordering and general information about NACC Port Hueneme go to the NBVC intranet: <http://199.114.28.9/vnn/NACC>.

Pharmacy

Port Hueneme Pharmacy Hours: Monday to Friday 8 a.m. to 4:30 p.m., or call 982-6450. For expedited service avoid peak hours of 11:30 a.m., to 3 p.m. Pharmacy refill line: 1-866-286-8249.

Point Mugu Pharmacy hours: Monday to Thursday 7:30 a.m. to 4:30 p.m. (Closed Noon - 1 p.m.) Friday 7:30 a.m., to Noon. Call 989-3922.

Health Benefits Advisor

Managed Care Department: (805) 982-6369

7:30 a.m., to 4 p.m., Monday through Friday.

Tricare Service Center

Call 1-800 242-6788 7:30 a.m., to 5:30 p.m. Monday - Friday.

NACC PH holiday hours for 2002

Dec. 25: Closed for Christmas Day, acute appointments only on Christmas Eve, Dec. 24. Saturday clinic will be open on Dec. 28.

Jan. 1: Closed for New Year's Day, acute appointments only on New Year's Eve, Dec. 31. Saturday clinic will be open on Jan. 4. After hours care on the above days may be obtained by contacting the medical officer of the day at 989-8815 or 989-8816.



Navy Relief: Your first resource. Not your last

Calendar of events

Crochet Wednesday – Held the 1st and 3rd Wednesday at the Chapel from 9 – noon. Children are welcome.

Thrift Shop – Opened every Monday and Wednesday from 10 a.m. – 2 p.m. Located in Bldg. 829 behind NCTC (the white house) on 15th Ave.

Budget for Baby Class – Provided at two locations once a month. Call Navy Relief for times and registration 982-4409.

At the Movies

Reviews

NEEDHAM THEATER PORT HUENEME

Thurs 12/5	7 p.m.	Barbershop	PG13
Fri 12/6	7 p.m.	Transporter	PG13
	9 p.m.	White Oleander	PG13
Sat 12/7	2 p.m.	Veggie Tales	G
	7 p.m.	Sweet Home Alabama	PG13
	9 p.m.	Red Dragon	R
Sun 12/8	7 p.m.	Red Dragon	R
Thurs 12/12	7 p.m.	Transporter	PG13
Fri 12/13	7 p.m.	Sweet Home Alabama	PG13
	9 p.m.	Knockaround Guys	R
Sat 12/14	2 p.m.	The Wild Thornberrys	PG
		FreeSneak Preview	
	7 p.m.	Tuck Everlasting	PG
	9 p.m.	White Oleander	PG13
Sun 12/15	7 p.m.	Tuck Everlasting	PG

STATION THEATER POINT MUGU

Fri 12/6	7 p.m.	Spy Kids 2	PG
	9 p.m.	Minority Report	R
Sat 12/7	7 p.m.	Spy Kids 2	PG
	9 p.m.	Minority Report	R
Sun 12/8	2 p.m.	Spy Kids 2	PG
Fri 12/13	7 p.m.	Austin Powers 3: Goldmember	PG13
	9 p.m.	The Bourne Identity	R
Sat 12/14	7 p.m.	Austin Powers 3: Goldmember	PG13
	9 p.m.	The Bourne Identity	R
Sun 12/15	2 p.m.	Austin Powers 3: Goldmember	PG13

Barbershop (PG-13) - **Starring:** Ice Cube, Cedric the Entertainer. **Synopsis:** After he inherits a run-down barbershop on the south side, a young African-American Chicagoan sells it off, only to feel guilty about discarding his father's legacy. This interpersonal urban comedy follows his efforts to get the shop back, and profiles the cast of wacky characters who work and hang out at the establishment.

Runtime: 102 minutes

The Transporter (PG-13) - **Starring:** Jason Statham, Qi Shu. **Synopsis:** This action-adventure profiles a former commando-turned-mercenary who's hired to "transport" a duffel bag ... that contains a sexy young Chinese woman. The problem is, her father is one of the most dangerous people-smugglers in the world, and he — not to mention his dozens of heavily armed henchmen — wants her back. Written by Luc Besson.

Runtime: 92 minutes

White Oleander (PG-13) - **Starring:** Renee Zellweger,, Michelle Pfeiffer. **Synopsis:** Bleak coming-of-age drama follows a young teenage girl who, after her mother is sent to prison, drifts between a series of foster homes, experiencing life, love, and loss in unequal measures. Based on the novel by Janet Fitch.

Runtime: 108 minutes

Jonah: A VeggieTales Movie (G) - **Starring:** Phil Vischer, Mike Nawrocki. **Synopsis:** The singing salad fixin's hit the big screen in this Bible-based animated musical adventure starring the Christian series' monacled asparagus, Archibald, in the story of Jonah and the whale.

Runtime: 83 minutes

Sweet Home Alabama (PG-13) - **Starring:** Reese Witherspoon, Candice Bergen. **Synopsis:** Culture-clash comedy about Southern gal who flees her small Alabama hometown and reinvents herself as a New York socialite. However, when she falls in love with the mayor's son, she must return home to her white-trash husband to ask for a divorce.

Runtime: 109 minutes

Red Dragon (R) - **Starring:** Anthony Hopkins, Edward Norton. **Synopsis:** Adaptation of the first book in Thomas Harris' Lecter novels profiles the FBI agent who caught the madman. Even though the not-so-good doctor nearly killed him, the detective is forced to ask him for help in finding a serial killer who specializes in murdering entire families.

Runtime: 120 minutes

Knockaround Guys (R) - **Starring:** Vin Diesel, Barry Pepper **Synopsis:** Ensemble drama follows four scions of major New York Mafia families as they venture into the Midwest in search of a bag of purloined cash.

Runtime: 92 minutes

The Wild Thornberrys Movie - **Starring:** Brenda Blethyn, Tim Curry. **Synopsis:** Based on the Nickelodeon series, this animated kids' adventure/comedy follows young Eliza Thornberry and her parents to Africa, where they try to help protect the local wildlife from poachers.

Tuck Everlasting (PG) - **Starring:** Jonathan Jackson, Alexis Bledel. **Synopsis:** Victorian-era magical romance about a young woman who, chafing under the yoke of her strict parents, rebels by falling in love with a handsome stranger with a fantastic secret. Based on the award-winning novel by Natalie Babbitt.

Runtime: 88 min

Spy Kids 2: The Island of Lost Dreams (PG) - **Synopsis:** Imaginative sequel to wildly popular kids' film sees its two pint-sized spies embark on another top-secret mission. This time they're trying to beat another pair of grade-school-age agents to a remote island overrun by genetically altered creatures.

Runtime: 105 minutes

Minority Report (PG-13) - **Synopsis:** Highly acclaimed, intellectual sci-fi thriller set in a future where crime is predicted by psychics and prevented by paramilitary police. One such techno-detective challenges the system after he himself is proclaimed a would-be murderer.

Runtime: 145 minutes

Austin Powers in Goldmember (PG-13) - **Synopsis:**

Third *Austin Powers* outing follows the shag-happy secret agent as he travels back in time to foil the dastardly plans of his nemesis Dr. Evil and a new foe called Goldmember. Along the way, he stops in the 1970s to hook up with a former flame, the boomin' blaxploitation heroine Foxy Cleopatra.

Runtime: 96 minutes

The Bourne Identity (PG-13) - **Synopsis:** International espionage thriller about an unknown man who is found floating in the Mediterranean with several gunshot wounds and no memory. When a group of heavily armed assassins remember him, he is forced to go on the run with a German girl.

Runtime: 118 minutes



Navy expected to implement new security processes

By JO2 David Van Scoy

Navy Region Southwest

Public Affairs

CORONADO, Calif. (NNS)—Using off-the-shelf commercial technology, Naval Air Station North Island (NASNI), Calif., tested an electronic identification system for base access, dubbed "Smart Gate," last week with the hopes of easing the manpower needed for present security measures without jeopardizing the integrity of its assets.

According to Lt. Larry Lakeotes, NASNI's test bed coordinator, the base, and even the entire Navy, may begin to see a substantial change in security processes as early as January 2003.

"Smart Gate is a directive we have been given by the Chief of Naval Operations to do three things," said Carlton Moorefield, a security engineer for the Naval Criminal Investigative Service/N34, "increase security, reduce manpower and reduce inconvenience."

The unique thing about Smart Gate is it can be manned or unmanned.

In the unmanned setting, it is designed to allow access to only those who have a special decal for their vehicle and a proper identification card. Upon approaching the gate, a bar code reader scans the decal.

The obtained information is sent to a central database where authorization is verified. Once vehicle verification is complete, a gate arm will raise, and the service member or Department of Defense employee is allowed to advance to another reader where the same process is repeated using the member's ID card. If verification is acknowledged, another gate arm raises, and the person is granted access to the base.

Vehicles without decals, such as delivery trucks, would be required to enter the base through the fully manned main gate.

"The only thing which offers delay are the actual mechanics of presenting a card or the arms going up or down," said Moorefield. "The actual verification is instantaneous."

What does this mean to NASNI Sailors, employees and to the citizens of Coronado?

Lakeotes thinks Smart Gate will help lighten traffic in the city because of the ability to get vehicles through the front gates in a more expedient manner.

"The flow-rate of traffic through Smart Gate should be able to handle half-peak rush hour," said Lakeotes. "If the arms (are programmed to) stay up and cars flow through, they can go between 10 to 15 miles an hour and have everything read exactly."

In the manned scenario, the security person on duty would be allowed to check IDs manually using a personal data assistant (PDA). Moorefield referred to the PDA as "kind of a palm pilot on steroids." The PDA does the same thing the other readers do, but adds a human perspective, he said.

Smart Gate can go completely unmanned, but Lakeotes said at least one security person would be on duty at all times in the event the gate breaks or someone needs help with the system.

Although Smart Gate could employ a much smaller security force, Moorefield said security would be largely increased.

"If you come through the unmanned lane," said Moorefield, "you would have to have not only the badge, but you would also have to have the vehicle (decal), validating both in order to get on base. In addition to that, we're also storing video images."

For intruders who may decide to run the gate, Lakeotes said hydraulic bollards would be in place and ready to deploy in less than a half of a second to deny access to "a vehicle that has four wheels all the way up to semi-trucks."

Using Smart Gate technology won't end at the front gate. Moorefield said Smart Gate technology could be used to gain access to one's workplace.

"You have a large population which is allowed through the front gate, and a much smaller sub-population which would be allowed on a flight line or on to the brow of a ship," said Moorefield.

USS John C. Stennis (CVN 74) has also been testing Smart Gate technology. Lt. j.g. Mark Kaes, the security officer aboard Stennis, seems to be impressed.

"We wanted something to validate whether or not a Sailor was attached to Stennis, whether they were in a restricted status or liberty status, and give us a real quick pass/fail criteria read."

Moorefield said the use of biometrics, the scanning of one's face or fingerprints, is also an option the Navy has been exploring, but would probably only be used to gain access to more secure areas inside the base.

Even without the use of something as high-tech as biometrics at the front gate, Moorefield seems confident about the security of the Smart Gate system.

"You're not going to get on our base unless you are in our database and have been validated...to be on this base to do a service," he said.

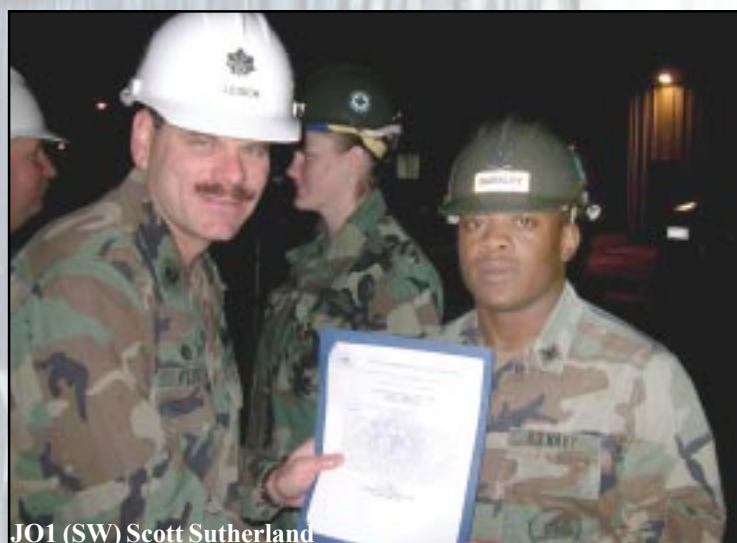
For related news, visit the Navy Region Southwest Navy NewsStand page at www.news.navy.mil/local/cnrsw/

Shining Sailors...



Vance Vasquez

NBVC Commanding Officer Capt. Paul S. Grossgold presents the Navy and Marine Corps Commendation Medal to EN2(SW) John Bague during a rainy command quarters.



JO1 (SW) Scott Sutherland

CM3 William Barkley of Aragon, Ga., receives a Letter of Appreciation from Naval Mobile Construction Battalion (NMCB) Five Commanding Officer Cmdr. David Fleisch. "The Professionals" are currently deployed to Rota, Spain.



PH3 Anthony R. Hayes

NBVC Chief Staff Officer Capt. Robert J. Westberg presents retiring NBVC JAG officer Cmdr. Albert A. Abuan with the Meritorious Service Medal at his retirement ceremony.



PH3 Anthony R. Hayes

During his retirement ceremony Capt. Ortell receives the Meritorious Service Medal from CECOS Commanding Officer Capt. P. D. Saunders.



JO1 (SW) Scott Sutherland

YN3 Nikki Durakovic of Pahrump, Nev., is presented a Navy-Marine Corps Achievement Medal from NMCB Five Commanding Officer Cmdr. David Fleisch.

For submission of military awards of your command or department's shining Sailors, contact PHAN Shane Hadlick at email: HadlickSM@nbvc.navy.mil or by phone: (805)989-9266. Please send photos or high resolution, 300 dpi .jpeg digital images with a full caption of all persons appearing in the photo including first names and ranks, the award description and the photographer's name for recognition.